



ITA

KEEPING SPORT REAL



WELCOME!
ASK THE EXPERT: TESTING

LANGUAGE OPTIONS



SIMULTANEOUS INTERPRETATION

FRENCH

SPANISH

RUSSIAN

ARABIC

AUTOMATED TRANSLATED CAPTIONS

PANELLIST



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ASK THE EXPERT: TESTING

WHAT IS DOPING CONTROL?



All steps and processes from test distribution planning through to ultimate disposition of any appeal and the enforcement of **Consequences**, including all steps and processes in between, including but not limited to, *Testing*, investigations, whereabouts, *TUEs*, *Sample collection* and handling, laboratory analysis, *Results Management* and investigations or proceedings relating to violations of Article 10.14.

WADA Code, Appendix 1, Definitions

FOR CLEAN, TRUE SPORT

DOPING CONTROL PROCEDURE

WHO CAN BE TESTED?

- ✓ Any athlete under the jurisdiction of an anti-doping organisation (ADO) and subject to their anti-doping rules.
- ✓ **Any athlete can be tested any time at any place.** Outside of competition, this includes at home, at training or at work or school.



POLL QUESTION

WHO CANNOT TEST ATHLETES?

- National Anti-Doping Organisations (NADOs)
- International Federations (IFs)
- Major Event Organisers (MEOs)
- The International Testing Agency (ITA)
- World Health Organisation (WHO)

WHO CAN TEST ATHLETES?

- ✓ National Anti-Doping Organisations (NADOs)
- ✓ International Federations (IFs)
- ✓ Major Event Organisers (MEOs)
- ✓ Delegated third parties like the International Testing Agency (ITA)

Organisations with the authority to test Athletes must implement a test distribution plan which is “proportionate to the risks of doping and that is effective to detect and deter doping”

International standard for testing and investigations (ISTI)



ATHLETES' RESPONSIBILITIES DURING DOPING CONTROL

- Report for testing immediately once notified
- Show valid identification
- Remain in direct sight of the DCO or Chaperone
- Comply with the sample collection procedure

ATHLETES' RIGHTS DURING DOPING CONTROL

- Have a representative with you
- Request an interpreter, if available
- Ask for Chaperone's/DCO's identification
- Ask any questions
- Request special assistance or modifications for valid reasons
- Record any comments or concerns on the form
- Request a delay for valid reasons

VALID REASONS TO REQUEST A DELAY

- Attending a victory ceremony
- Finishing a training session or competing in further events
- Receiving necessary medical attention
- Fulfilling media commitment
- Warming down

The DCO will decide if the request for a delay is valid and the athlete will be continuously observed during any delay.

AUDIENCE QUESTIONS

AUDIENCE QUESTIONS



What steps do you, as a DCO, take to ensure testing is reliable, and of high quality?



From your experience, how can wider support staff (e.g., physiotherapists) assist with the testing process? Are there common ways they could improve their support?



If an athlete's whereabouts information is incorrect when you attempt to test them, what is your process as a DCO?

AUDIENCE QUESTIONS



How do you handle situations with language barriers involving athletes or their support personnel?



If a urine sample's specific gravity is outside the acceptable range, how many times may you request another sample, and what is your procedure?



What actions do you take if you suspect an athlete or their support personnel are attempting to tamper with the doping-control process?

AUDIENCE QUESTIONS



What modifications are available for minors and athletes with impairments, and how do you implement and communicate these as a DCO?

A GUIDE TO DOPING CONTROL FOR ATHLETES WHO ARE MINORS

When an athlete who is a **minor (under 18)** is selected for doping control, the process is similar to that for adult athletes, but modifications are made to ensure their safety and well-being.

KEY MODIFICATIONS

TWO SAMPLE COLLECTION PERSONNEL ARE ASSIGNED WHEN A MINOR IS TESTED.

UNDER 18

TIPS FOR THE ATHLETE REPRESENTATIVE

Support the athlete in understanding their rights and responsibilities throughout the process. Observe the process to ensure it is being followed correctly. Remember that the athlete will make all decisions regarding your involvement. Play a key role in framing the narrative around testing—encourage a positive perspective. Look for “testing to recognize of your hard work and success.”

01 NOTIFICATION

The athlete will be asked if they would like a representative present during the doping control process. While this is not mandatory, it is strongly recommended.

If the athlete chooses to have a representative, the Doping Control Officer (DCO) and second Sample Collection Personnel (SCP) will accompany the athlete to locate them. The notification will then be completed in the representative's presence.

If the athlete declines a representative, the notification will proceed as usual, but the athlete can request one at any time.

02 CHAPERONING

An athlete must remain in direct sight of the DCO or SCP at all times. Additionally, for a minor athlete a second adult either their representative or a second SCP will always be present until the doping control process is complete.

03 SAMPLE COLLECTION

At the athlete's request, their representative may be present in the bathroom during sample provision, although this is rare.

A second observer, who is a member of the DCP team, will observe the DCO during the process. This second observer will not see the athlete while they provide their sample. Their role is to observe the DCO.

If requested by the athlete, their representative can act as an additional second observer.

04 DOPING CONTROL FORM COMPLETION

The athlete and the athlete representative must check the accuracy of the information recorded on the Doping Control Form and sign it.

[Download!](#)

A GUIDE TO DOPING CONTROL FOR ATHLETES WITH IMPAIRMENTS

As an athlete with a **permanent or temporary impairment**, you may need specific modifications during doping control. Here is what you should know:

The Doping Control Officer (DCO) will ask if you need any **modifications** and what **specific assistance** you require.

Modifications will be agreed upon with the DCO. If you need help, it can be provided by your athlete representative.

Your representative must wear gloves when handling any sample collection equipment.

Any assistance will be recorded on the Doping Control Form.

01 PHYSICAL IMPAIRMENT

If you cannot seal bottles, due to a temporary or permanent impairment, your representative can do it for you while wearing gloves.

Your representative can assist you in providing a urine sample if needed.

02 VISUAL IMPAIRMENT

You may request your representative to act as a second observer during sample provision.

If you need help pouring your urine sample into the A and B bottles, your representative can assist while wearing gloves.

They can help you read the Doping Control Form for accuracy before signing.

03 INTELLECTUAL IMPAIRMENT

Your representative may explain the doping control process to ensure you fully understand it.

If you have difficulty completing the Doping Control Form, your representative can assist you.

IMPORTANT NOTE!

If you require additional equipment to provide a urine sample, it is your responsibility to have the equipment ready. Without it, you could face anti-doping rule violation proceedings for failing to comply with the doping control process. Please seek advice from a nurse, doctor, or occupational therapist if you are unsure what equipment is needed.

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AUDIENCE QUESTIONS



What do you see as the DCO's role in educating athletes during the testing process—especially young athletes—and what key messages do you deliver?



Looking ahead, from your perspective what potential role could AI play in the testing process?

RESOURCES

ITA

- ✓ [ITA Athlete Hub](#)
- ✓ [A Guide to Doping Control for Athletes who are Minors](#)
- ✓ [A Guide to Doping Control for Athletes with Impairments](#)
- ✓ [Supporting Athletes with Impairments during Doping Control](#)
- ✓ [Medications Quick Guide](#)
- ✓ [Supplements Quick Guide](#)
- ✓ [Prohibited Association](#)

Testing

- ✓ [Athlete's Guide to Testing](#)
- ✓ [Testing FAQ - all you need to know about testing](#)
- ✓ [ITA Monthly webinar - What you need to know for 2026](#)
- ✓ [ITA Monthly webinar - What happens to my sample?](#)
- ✓ [ITA Monthly webinar - The Athlete Biological Passport](#)

WADA

- ✓ [The World Anti-Doping Code](#)
- ✓ [International Standard for Testing and Investigations \(ISTI\)](#)
- ✓ [ADEL Anti-Doping Education and Learning](#)
- ✓ [Anti-Doping Process](#)

Q&A

MORE QUESTIONS?

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